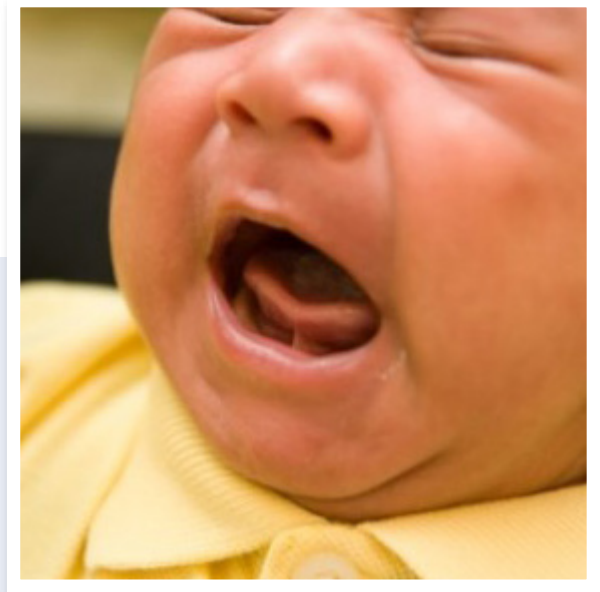


# Tongue Tie or Ankyloglossia



## What is a Tongue Tie?

A tongue tie occurs when the band of skin (frenulum) that anchors your baby's tongue to the floor of their mouth is extra tight. Because of this restriction, some babies have trouble moving their tongues correctly when breastfeeding. This can result in painful nipples, a shallow latch and a baby who is not getting enough milk.

## What are the Signs and Symptoms?

- **You might notice:**
  - Painful breastfeeding
  - Pinched nipples at the end of feedings
  - Plugged ducts
  - A decrease in your milk supply
- **Your baby might have:**
  - Poor weight gain
  - Long feedings
  - Frustration or falling asleep at the breast
  - Gas, colic or reflux

# What Might Help?

- Talk to your pediatrician for assessment and treatment options. They may refer you to a pediatric dentist or ENT for a thorough exam of your baby's mouth. A "frenotomy" to release the tight tissue might be the best solution. This quick, low-risk procedure is done in the doctor's office and most babies can breastfeed immediately afterward.
- For breastfeeding help, call WIC and speak to a lactation consultant or call the free 24/7 Texas Lactation Support Hotline at 1-855-550-6667. If your baby is not feeding well, they can provide assistance, including giving you a pumping plan to protect your milk supply and tips to get the deepest latch possible.

**Find more tips at [BreastmilkCounts.com](https://BreastmilkCounts.com)**

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to speak with a lactation consultant.

**WIC has resources, healthy foods and more. Apply here:**



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